In The Claims:

Claims 1-19. (Cancelled).

20. (Previously Presented) A system for selectively accessing video data and page data, comprising:

a format manager for manipulating said video data and said page data, said format manager copying said page data to create duplicate page data, inserting a video tag into said duplicate page data, and selectively positioning said video tag to vertically locate a video window on a display device in relation to a current reference position on said display device, said video window being repositionable and resizeable within said duplicate page data on said display device, said video window displaying a video program currently in progress, said duplicate page data being scrollable with reference to said video window on said display device, said format manager recomputing said current reference position each time said duplicate page data is scrolled to maintain said video window in a stationary position on said display device, said current reference position being computed by combining a prior reference position and a scroll value, said scroll value being positive when said duplicate page data is scrolled down, said scroll value being negative when said duplicate page data is scrolled upwards; and

a processor, coupled to said format manager for controlling said format manager, whereby said video data and said duplicate page data are simultaneously shown on said display device.

Claims 21-39. (Cancelled).

40. (Previously Presented) A method for selectively accessing video data and page data, comprising the steps of:

manipulating said video data and said page data using a format manager, said format manager copying said page data to create duplicate page data, inserting a video tag into said duplicate page data, and selectively positioning said video tag to vertically locate a video window on a display device in relation to a current reference position on said display device, said video window displaying a video program currently in progress, said video window being repositionable and resizeable within said page data on said display device, said duplicate page data being scrollable with reference to said video window on said display device, said format manager recomputing said current reference position each time said duplicate page data is scrolled to maintain said video window in a stationary position on said display device, said current reference position being computed by combining a prior reference position and a scroll value, said scroll value being positive when said duplicate page data is scrolled down,

said scroll value being negative when said duplicate page data is scrolled upwards; and

controlling said format manager using a processor, whereby said video data and said duplicate page data are simultaneously shown on a display device.

Claims 41-45. (Cancelled).

46. (Currently Amended) The system of claim 44 wherein A system for selectively accessing video data and Internet page data, comprising:

a format manager for manipulating said video data and said Internet page

data, said format manager providing a video window on a display device

for displaying said video data, said video window displaying a video

program currently in progress, said video window being selectively

positionable and sizeable within said Internet page data, said Internet

page data being scrollable with reference to said video window by

utilizing a scroll value, said format manager positioning a video tag to

vertically locate said video window on said display device in relation to a

current reference position on said display device, said format manager

copying said Internet page data to create duplicate Internet page data for

displaying on said display device, said format manager positioning said

video tag within said duplicate Internet page data to vertically position

said video window, said format manager recomputes recomputing said

current reference position each time said Internet page data is scrolled on said display device in relation to said video window to maintain said video window in a stationary position on said display device; and a processor configured to control said format manager, whereby said video data received from a video programming source and said Internet page data are simultaneously shown on said display device.

47. (Previously Presented) The system of claim 46 wherein said current reference position is recomputed by combining a prior reference position and a scroll value.

Claims 48-57. (Cancelled).